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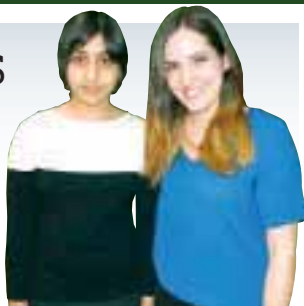


**Tonight's
Jackpot**

GIRLS IN PROGRESS

AS THE WORLD CELEBRATES INTERNATIONAL WOMEN'S DAY, CANADIAN GIRLS REFLECT ON THEIR WISH LIST FOR EQUALITY AND WHY THE DAY STILL MATTERS

PAGE 10



What's so funny, funnyman?

Comic actor Steve Carell on his all-time favourite laugh-out-loud movies

PAGE 14



Spring forward this weekend!

Daylight saving time begins, so don't forget to set your clocks ahead one hour on Saturday night.



WELCOMING THE WORLDS

Londoners Ale Jimenez, 28, left, and Dean Russell, 35, prepare to welcome visitors to the city on Thursday outside the Hilton (300 King St.), where they work as front-desk agents. The hotel is one of Skate Canada's official hosts for next week's World Figure Skating Championships. See pages 4, 5, 6, 8, and 22 for more coverage. ANGELA MULLINS/METRO



Coun. Sandy White reads from a prepared statement on Thursday on the steps of London City Hall. MARK SPOWART/FOR METRO

Councillor apologizes again for racial slur

City hall. Mayor has demanded councillors using offensive language be required to apologize immediately

MARK SPOWART
london@metronews.ca

Coun. Sandy White appeared on the steps of city hall Thursday afternoon, surrounded by visible minorities from the community, and tried to put an end to the controversy she created this week.

It didn't go as planned. White began to read from a prepared statement, saying,

"Let me start by offering an apology for an inappropriate use of a word at a recent council meeting, that is considered to be derogatory and the misunderstanding it has created. For that, I am truly sorry."

Ken Johnson, a black Londoner who came to the event to see first-hand if White was "sincere" in her apology, called out, "Not acceptable."

Visibly shaken, White continued to read from her statement, highlighting her commitment to the community and the reasons why she felt it necessary to resign from the London Transit Commission.

Once she finished reading her statement, White took a few questions from

Heated

In an emotional exchange with Coun. Bill Armstrong at Tuesday's council meeting, White said "n---r" to emphasize how offensive she found bus ads featuring pop singer Katy Perry in a bra with cans of whipped cream protruding.

the media. Then Deeq Abdi, executive director of the African Community Council, abruptly stepped in, ending the news conference, and White retreated inside city hall. Johnson said afterward that White needs to resign

over her comments.

"She is a professional, and ignorance is no reason to use a derogatory term, especially in a multicultural city like London," he said. "She should step down."

White had said that she used the word for effect and that it was not uttered from a place of "hatred or racism."

Soon after that, Abdi and White supporters emerged from city hall and began a verbal attack on Johnson, saying "he doesn't know Sandy, and doesn't know anything about her."

But Johnson held his ground, continuing to say that White should resign her seat as councillor for Ward 14.

Meeting complaints

Ombudsman's lessons in propriety

Ontario Ombudsman Andre Marin announced via Twitter that he would release a statement on propriety at a recent lunch meeting between Mayor Joe Fontana and other councillors. "Will be issuing a statement tmr at 10 am on #ldnont councillors' gathering at Billy T's in response to secret mtgs complaints." Marin said @ Ont_Ombudsman. Up to three dozen citizens had complained to the ombudsman about the meeting, Marin said previously. **METRO**

David Johnston

GG to attend figure skating championships

Gov.-Gen. David Johnston is coming to London for the World Figure Skating Championships, Skate Canada announced Thursday.

Johnson and his wife, Sharon, will attend the championships and participate in the victory ceremonies following the ice dance competition on March 16. **METRO**

Tabled legislation

Banning tanning beds for minors?

Ontario is the latest province to table legislation barring people under the age of 18 from using tanning beds to protect them from skin cancer. Health Minister Deb Matthews introduced a bill on Thursday that would make Ontario the seventh province to restrict the use of tanning beds by minors.

THE CANADIAN PRESS

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Why London? Top 6 Skate Canada reasons city was chosen as host

So why was London picked over Quebec City, Calgary, Ottawa, and Winnipeg to host the 2013 World Figure Skating Championships?

Bill Boland of Skate Canada, local organizing chair of the 2013 worlds, was part of the selection committee that chose the Forest City.

He says London was chosen because of six key reasons:

Familiarity

Skate Canada was already familiar with London, having hosted two successful Canadian Skating Championships in 2005 and 2010. London had also just hosted the World Synchronized Skating Championships in 2007, when the bid for the 2013 worlds was made.

The venue

Budweiser Gardens has proven to be an ideal venue for Skate Canada.

"After hosting three successful Skate Canada events, we knew that Budweiser Gardens was full of professionals and experts who would ensure that the event (2013 World Figure Skating Championships) would be the best in the world," said Boland.

Promotion

Boland says Skate Canada officials believed local organizations such as Tourism London and Downtown London would help promote the event.

"John Winston and Cheryl Finn of Tourism London, and Janette MacDonald of Downtown London were instrumental and active in bringing the event to London," he said.

Volunteers

Skate Canada saw the volunteer base in London was strong.

"The 2001 Canada Summer Games in London brought out a huge number of volunteers,"



Bill Boland CONTRIBUTED

Boland said. "Londoners have once again come out in huge numbers to help with this event."

About 500 volunteers will help with the skating worlds, Bud Gardens officials said.

Cost-effective

London would be easier on the skating fans' pocketbooks. Hosting the event in a smaller city than Toronto made sure hotels and restaurants would be more affordable for fans and athletes, Boland said.

Geography

London is in close proximity to a huge skating fan base. There are a lot of fans in Southern Ontario and the northern United States. London's proximity to Toronto, Michigan, Ohio, and New York is convenient to both local and international fans.

Boland says he and other members of Skate Canada still believe London was the right selection as host, and are excited to finally kick off the event on Monday.

"With such a supportive city and community, we can all focus on what happens on the ice knowing that everything off the ice has been taken care of," said Boland. "London is going to see some phenomenal, world-class figure skating."

ANDREW SERCOMBE/FOR METRO

Timeline



- **2006** – Calgary hosts world championships.
- **2007** – Skate Canada makes bid for another world championship.
- **April 2010** – Canada's bid is selected by the International Skating Union to host the 2013 world championships.
- **June 2010** – Skate Canada selects London to host the 2013 world championships.
- **2001** – Vancouver hosts world championships.



Felipe Gomes, owner of Aroma restaurant (717 Richmond St.), is pictured above his terrace-style dining room where international flags have been hung to welcome visitors from around the world. Gomes is among the local business owners planning special offerings for tourists coming to the World Figure Skating Championships. ANGELA MULLINS/METRO

Big event, big benefit

World Figure Skating. Millions of dollars bound for local hotels, businesses during skating championships



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London has hosted its fair share of big skating events. To name a few, the ISU World Synchronized Skating Championships were here in 2007 and the Canadian Figure Skating Championships come to the Forest City in 2005 and 2010.

But, when it comes to the

expected economic impact, none have been as big as the World Figure Skating Championships. It's a fact not lost on the countless businesses looking to get a piece of tourists' spending dollar.

They've decorated their windows, brought in special skating-themed merchandise, cooked up special menus, planned special discounts and tried to be key players in making the event tick.

Now, they're waiting for the reward — some of the \$28 million in direct economic impact expected to flow into London and the surrounding area.

"We're hoping that when people walk by, they're going to stop in," Dyan Bentley, owner

of Turnbull Flowers (484 Richmond St.), said about her window display featuring skates and figure-skating attire. "We want to support the games as much as possible."

An estimated 35,000 visitors — all with spending power — will be in the city for the event. Many more — estimated at more than 160 million people — are expected to tune in on televisions around the world.

Some international media agencies will be doing features on the city, and businesses are fully expecting to get caught in the lenses.

"You can't buy that kind of advertising," said Tourism London general manager John Winston.

By the numbers

\$28M Estimated direct economic boost for London and area during the March 11-17 World Figure Skating Championships at Budweiser Gardens.

35,000 Number of visitors expected during the skating championships.

4,000 Estimated number of hotel room nights booked by the Skate Canada Organizing Committee alone.

That was Nice, let's make London nicer

Last March, representatives from the City of London attended the 2012 World Figure Skating Championships in Nice, France, but they were not there as fans.

The London contingent, including Mayor Joe Fontana, John Winston of London Tourism, and Gary Turrell of Budweiser Gardens, were there to learn how Nice played host to the world.

This is not the first time scouts from Bud Gardens have travelled to events. In 2004, Turrell went to British Columbia to study how Kelowna hosted the Memorial Cup. Representatives have also been sent across North America to experience concerts before they come

to London. The trip to France allowed them to bring back many ideas that they hope to improve on.

The 2012 World Figure Skating Championships were held at a converted convention centre. The event used portable stands and a portable ice system. Turrell says ice conditions in France suffered because of the make shift venue. By moving back to a facility designed for permanent ice, Turrell and the operations crew at Bud Gardens plan to provide the best skating conditions possible.

Turrell says Bud Gardens' operations team has made the ice almost an inch thicker than what the London Knights skate on. Total thickness will be more

than two inches to account for the figure skaters' picks and jumps.

One of the first things the Londoners noticed when they arrived in Nice was that at the airport, there was only one sign welcoming guests. As part of marketing this year's event, Bud Gardens installed new signs in London to welcome visitors and help generate interest locally.

In France, the team found that media was writing about IT problems they were experiencing rather than the performances on the ice. Budweiser Gardens partnered with Bell, Cisco Systems and Protech to provide better access to the Internet and wifi.

On top of the world

- This is the largest-scale event ever held at Budweiser Gardens.
- There will be a beer gardens tent set up in front of the Covent Garden Market.
- Video screens outside Bud Gardens will show the competition so fans can watch outside.

"We don't want anything focused away from the ice," said Turrell.

ANDREW SERCOMBE/FOR METRO



Dyan Bentley, owner of Turnbull Flowers (484 Richmond St.), poses in her store with Martin Moose, a piece of Canada's London merchandise created specifically for the World Figure Skating Championships. The merchandise is part of a larger effort aimed at branding the city and giving tourists something to remember. ANGELA MULLINS/METRO

Tourism London aims to 'embrace' the world

London lit up. Branding campaign rolls out on buses, hotels



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Tourism officials stepped into the World Figure Skating Championships with a simple goal in mind: "Create a unique experience for visitors coming to the city."

With the event days away, Tourism London general manager John Winston is getting ready to check the 'mission-accomplished' box.

He says organizers are already giving the city two thumbs up.

"What we're hearing (is), 'I don't think any other com-

munity has embraced this event as well as we have,'" Winston said. "People are really getting into the spirit."

The official theme of the city's contribution to the world is Light Up London — a weeklong festival built around big investments in LED lights casting a purple-and-white glow on everything from city hall to Victoria Park trees to downtown streets.

The star is a sound-and-light show that will play out on the side of Budweiser Gardens nightly from Sunday to March 16.

Dubbed The Tree of Light, the show is more than a technicolour display. The story of London's history, along with what the city offers today, is at its heart, Winston said.

Know where to go? Urban way-finding signs to reappear during World Figure Skating Championships

Expecting tens of thousands of people downtown for the World Figure Skating Championships, Downtown London is installing 30 new signs to help pedestrians navigate the core.

The signs point towards shopping and places to eat,

or landmarks such as Budweiser Gardens, Museum London, and The Grand Theatre. The signs also give an estimated time and distance to each destination.

Londoners will recognize the signs. The signs were first installed in June of 2012

on Car Free Day downtown. Our Street, a London-based organization that promotes the downtown core and advocates alternatives to driving, organized Car Free Day on Dundas Street and installed the signs as part of the festival. The signs were

posted for five months until October.

The signs will look similar to what was installed downtown in the summer, but the new signs will be larger and have more information on them.

ANDREW SERCOMBE/FOR METRO



Artist unveils figure skating masterpiece ahead of Worlds

London artist Bill Hodgson, right, and city workers carefully unload one of two sculptures Hodgson created for the 2013 World Figure Skating Championships. The sculptures were being installed at the Family Zone at Covent Garden Market. The zone is a free entertainment area that will be open from noon to 8 p.m. Wednesday and Thursday, 11 a.m. to 8 p.m. on March 15 and 16, and 11 a.m. to 4:30 p.m. on March 17. MARK SPOWART/FOR METRO

Twitter

We asked Londoners:
The Forest City is expecting 35,000 visitors for the World Figure Skating Championships. What's the best way to ensure they come back another time?

@HealthCentre: First-class service and friendly smiles everywhere they go. And patience always goes a long way!

@WayneWriteOn: Friendly locals, exceptional service at hotels and

restaurants and clean streets.

@ronnyzoo: Give them 35,000 souvenir mooses! And every time they see a moose from now on, they'll remember London.

@DavidWinterPW:
Just be Canadian and welcome them with Open arms That is the best way to welcome them. They will always come back, #friends





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Art & ice. Creativity put on world stage

We're artsy, creative, and ready to share it with the world.

The city's arts community is pulling out all the stops for the World Figure Skating Championships, offering everything from performance art to paintings.

The Arts Project is leading the charge on one of the biggest efforts — Art Skate London.

Twenty area artists have turned figure skates into sculptures, each inspired by one of 22 skaters competing in the March 11-17 championships. The skates — some featuring elaborate steelwork and others decorated to the nines in vibrant colours — will be signed by the athletes that inspired them and auctioned March 13-16 at The Arts Project.

Artists practically leaped at the chance to get involved, said Sandra De Salvo, the venue's executive director.

"A lot of them wanted people from all around the world to see what they could create," she said.

There's also a sense of the city worked into the creations.

"It's a little piece of London," De Salvo said. "In some ways, (the pieces) show the community the artists work in."

Others are planning to deliver a piece of London directly to people's eyes and ears.

A Skate Canada House tent

Check it out online

- Canadalondon.com has cultural performers slated for Skate Canada House.
- Artsproject.ca has details about the Art Skate London auction.
- Londontourism.ca has a wider look at what's happening.
- Artwalklondon.ca has details on a tour of the city's arts scene.
- SteveTracyArt.com has details on a self-guided tour of artists Steve Tracy's works.



outside the Covent Garden Market will have a stage packed with local artists March 13-17.

The cultural flare on display will range from Hispanic music to Korean fan dancing.

"We realize that we have to take our artists there because the people who are coming might not have time to go to different places and experience that," said Dhira Ghosh, events co-ordinator for the city's arts and heritage councils.

ANGELA MULLINS/METRO



Sandra De Salvo, executive director of The Arts Project (203 Dundas St.), is seen with some sculptures created as part of Art Skate London. ANGELA MULLINS/METRO

Would you like to hear about the arena's specials?

If they can please The Undertaker...

Previous events helped Budweiser Gardens learn to feed the masses — and feed them well



JOHN MATISZ
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Even though Trevor Moore and Kim Sutherland agree each multi-day event held at Budweiser Gardens possesses its own unique challenges, they feel past experience will play a part in ensuring the upcoming figure skating worlds runs smoothly.

From a food and beverage perspective, previously hosting the 2005 Canadian Figure Skating Championships, 2005 Memorial Cup, 2011 Brier, and — wait for it — several professional wrestling dates, have been invaluable.

"The Undertaker ate six pork chops," quipped Sutherland, head chef of the Gardens catering company, Ovations. "We emptied the fridges to feed the wrestlers."

From March 11-17, Ovations, along with the Gardens facility management company, Global Spectrum, will be providing 1,500 catered meals per day. Judges, sponsors, committees, staff, volunteers, skaters, media, coaches, and trainers — all of these people will be fed by Moore and Sutherland's cooks.

The 2013 World Figure Skating Championships, widely considered the largest sporting event in London's history, is a new beast. It demands creative thinking.

By the numbers

Food numbers during the figure skating worlds:

- 150 — Hours of open operating time for Ovations
- 200 — Ovations employees needed to pull off the event from a food and beverage perspective
- 1,500 — Catered meals per day
- 25,000 — Cups of coffee to be served over the course of the event

For instance, since many spectators intend on being at the Gardens for five or more hours per day for the whole competition, typical arena food won't cut it.

The concession stand menu has been modified to please. Day-long visitors can now enjoy a better selection of breakfast foods, gluten-free items, and healthy alternatives.

"We don't like being (categorized) into being an arena," Sutherland said. "We're not really into that; we don't just serve arena food."

Moore says figure skating fanatics from as far as France and Germany have inquired about the food situation inside the Gardens.

"People are saying, 'Traditionally, when we go to these events, we can't eat,'" said Moore, adding the rationale behind a revamped menu is to satisfy that need.



Kim Sutherland, head chef for Ovations food services, finishes up a gluten-free creation in the form of a turkey club sandwich at Budweiser Gardens.

JOHN MATISZ/METRO

Luckily for Sutherland, she's had plenty of practice accommodating folks who have gluten-free eating habits. Diabetic London Knights player Max Domi is fed by Ovations on an almost daily basis.

"He's essentially been my other child for a year-and-a-half now. We've become very aware of the whole concept,"

Sutherland said.

Although an impromptu food stand, located by Gate 4, will sell dietary food items, two of the arena's most popular eating spots will not be open during the worlds. The Talbot Bar & Grille and King Club are closing to the public to serve as private suites for the International Skating Union and event sponsors.

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SIMPLE WAYS TO BURN CALORIES

You don't need fancy fitness clubs or expensive exercise programs to torch those calories, and it doesn't have to be complicated. Try some of these quick and easy ways to knock off extra calories.

If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive

and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles; lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor; repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about \$10 to \$20.

They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes, working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet

at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

FIVE FUN WORK- OUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

Dance workouts: Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

Swing yoga: Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

Boot camp: Sound scary? These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

Body weight training: No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

Combo workouts: Yogalates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.

Go ahead, park it right here

World Figure Skating Championships. Here's where you can leave your car downtown

ANDREW SERCOMBE
london@metronews.ca

Downtown parking will be at a premium between March 11 and 17, but Annette Drost of London's municipal parking and licensing office says the city is prepared.

"There will be no problems with parking," she said. "We are working on providing enough parking spaces for Londoners going to the event, Londoners who are working downtown and guests to the city."

Drost says fans might find parking around the forks of the Thames River, at the Covent Garden Market, Museum London, Citi Plaza or around Victoria Park.

All but two City of London lots will be open. Skate Canada is renting from the city the lot in front of Budweiser Gardens



and the lot across from London Hydro at the corner of Horton and Ridout Streets. Skate Canada did sell public passes to the lot at Horton and Ridout, but Drost says they sold out in less than an hour. Customers who normally park there will be relocated to a lot at the corner of Dundas and Adelaide Streets.

The city has many strategies to accommodate drivers and decrease traffic downtown.

There's a park-and-ride program where, for \$60, Londoners can park every day during the event in lots along Dundas, between Adelaide and English

Streets, and have an LTC bus pick them up to take them to Budweiser Gardens.

Tourism London will provide a bus in the morning and again in the evening between Bud Gardens and partnered hotels on Wellington Road south of downtown. Volunteers working at the event will park at the Western Fair District and be bused to the Gardens.

Londoners who work downtown may be inconvenienced, but Drost said the city is "asking them to plan ahead, come early and be patient. Consider alternative transportation such as car pooling, being dropped off or taking a bus or cab, if possible."

Parking meters will be bagged and inoperable on King, Talbot, Ridout and Dundas around Bud Gardens. Meters will be bagged in front of the Delta London Armouries hotel on Dundas as well.

"Drivers who park in these spots will be ticketed and towed," Drost said.

The cost of parking varies between \$4 and \$8 per day at each City of London lot.

"Unfortunately, there will



This city map shows downtown parking options for the skating worlds, as well as street closures. To learn more, go to londontourism.ca. CONTRIBUTED

be no free parking downtown unless you are lucky enough to find an unoccupied meter space after 6 p.m. without a bag," Drost said.

Rates for Impark lots in the core will rise to \$25 for the day and evening, or \$10 for the evening alone. Rates for lots outside the core will not rise. Impark will dedicate lots at 131 King St., 132 York St., 100

Queens Ave. and 145 Fullarton St. for event parking only.

Lloyd Stacey, general manager of Impark, says 1,100 regular customers are being relocated to lots reserved for them at 74 Fullarton St., 301 York St. and 201 York St. "Monthly customers should park at the lots reserved for them or outside of the core if they do not want to pay event rates," he says.

Don't forget Richmond Row

Getting a piece of the skating pie

The World Figure Skating Championships may be in the heart of downtown, but Richmond Row is doing its best to claim some of the action. Eateries along the strip have teamed with the row's business association to offer free shuttle service to Budweiser Gardens.

"It's winter, it's cold and, for sure, (people) will be looking for convenience," said Felipe Gomes, owner of Aroma restaurant.

The shuttle will run daily from March 11 to 17, and make stops between Budweiser Gardens and Richmond and Oxford Streets.

It's a good chance for people to take in a little window-shopping along the way. "We're trying to tell people when they arrive to our wonderful city of London that London is more than just the downtown," Gomes said.

ANGELA MULLINS/METRO

UpCycling at the ReStore



Join Habitat for Humanity as we present the first of three UpCycle Workshops repurposing items found at our ReStores. Our first session will be hosted by Bobbie Robinson as she teaches us techniques on distressing and adding a creative touch to furniture and ReStore treasures. All materials will be provided.

Workshop Date: Saturday, March 16, 2013
Time: 10:00am – 1:00pm

Location: Habitat for Humanity – 5-40 Pacific Court
Cost: \$40/person

OPEN TO THE PUBLIC!

5-40 Pacific Court, London, ON N5V 3K4
M-F 9:00am-6:00pm, Sat 9:00am-4:00pm
Sun-closed

317 Adelaide Street South, London, ON N5Z 3L3
M-F 9:00am-6:00pm, Sat 9:00am-4:00pm
Sun-closed

1058 Parkinson Road, Woodstock, ON N4S 7W3
T-F 9:00am-6:00pm, Sat 9:00am-4:00pm
Sun & Mon-closed

All proceeds of building supplies and furniture funds
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Dementia. Pierre Trudeau chose to die earlier rather than lose his mind: Book

Pierre Trudeau's guiding motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A newly released e-book from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Justin Trudeau himself does not dispute the account by Althia Raj in *Contender: The Justin Trudeau Story*, which suggests his father made the decision about six months prior



Pierre Trudeau THE CANADIAN PRESS

to his death in September 2000.

"It was fairly clear that he was very much at peace with the end of his life approaching," he said. THE CANADIAN PRESS

Journalist killed

Supreme Court weighs suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has

agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body.

In 2003, Kazemi was taking pictures of protesters in Tehran. Kazemi was detained, tortured and raped in prison. THE CANADIAN PRESS

Justice system thoroughly failing aboriginals: Report



Correctional investigator Howard Sapers speaks on the findings of a special report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

Quarter of all prisoners. Transfer provisions for aboriginals rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aboriginals behind bars but also for failing to keep them out of jail.

'Racist'

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. THE CANADIAN PRESS

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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: a future for women and girls that is safe, healthy and rewarding.

Go Girls actively nurtures confidence and leadership

Mentorship. Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER MELO
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

What's your wish for International Women's Day?

S: In every country, for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.



Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

M: For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

How can girls and women support one another?

M: Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being jealous or bitter about it.

What's the value of having a female mentor?

S: If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.

M: A female role model is someone that you can probably more easily relate to and can aspire to be like.

What makes Go Girls special?



Sadhaf and Monica strike a tree lotus pose. JENNIFER MELO/FOR METRO

S: It teaches girls to always be themselves, to gain confidence and not to be scared of who they are.

What lessons did you learn from the program?

S: I learned how to receive a girl's heart. I learned how to gain their friendship.

M: Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

TO LEARN MORE ABOUT THE CANADIAN-WIDE PROGRAM, TO SIGN UP AS A MENTOR OR OFFER SPONSORSHIP, SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA



Watch Status Quo? and see why feminism ain't dead

"We've been so quick to proclaim that 'feminism is dead' while countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca. NATIONAL FILM BOARD OF CANADA

Essay

The other F word

DELIA
MACPHERSON
For Metro Canada

Feminism:
noun

• the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)

There's a perception among the younger generation that feminism has come and gone. Speeches were made, bras were burned and somewhere in the aftermath equality happened.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one.

Like most educated Canadian youth, he not only believes, but knows, that men and women are equal in every right, with the exception of maybe physical strength. But does it matter if he knows he's a feminist?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

Part of the non-chalant attitude of youth may be due to the media, where the line between sexist and empowering is not always clear.

Films that depict violence against women are praised. Angelina Jolie's character in Tomb Raider is perceived to be an empowered woman. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Not to mention she says nothing intelligent in the entire flick.

Depending on your views, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him.

Why worry or think about sexism in a world where women and men are equal?



In lean times, startups are an attractive choice for new grads

Jobless generation.

Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession



TAKARA SMALL
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Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a name for ourselves" he says. The company, which he

helped start after graduating from Seneca College, now boasts clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011 and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a jobless generation to look elsewhere for opportunities.

Rebecca Basi, 23, sees working for startups as the

Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business."
— Nicholas Wiktorczyk, co-founder of Spently, which provides interactive email receipts

most viable option for ambitious youth. The marketing coordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to meet new clients and network. Initially, she turned to small firms to pad her resume but now can't see herself



Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

working for anyone else.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

Online

Visit metronews.ca for more tips from entrepreneurs who attended DX3.



Spring cleaning

Facebook revamps look of News Feed

Facebook is trying to breathe new life into its social network with a redesign of its News Feed. Amid complaints the site has become a jumble of monotonous musings and random pictures, the overhaul, which began rolling out Thursday, offers controls that allow users to create streams of photos and other material in organized sections.

THE ASSOCIATED PRESS

Market Minute

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97.14¢ (+0.19¢)

TSX
12,826.52 (-5.45)

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See store for full details. (1) Price with the Tab. Subject to approved credit. (2) Available on new activations only. Bonus gift may vary by store and value of phone. While quantities last. Offer ends April 4, 2013. (3) Not available with Pay-Per-Use Data Saver.

THE NOT-SO-SWIFT RESPONSE

1 Keeping the crown. Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz, Charles?" OK, there were no real sources, but I like to think that's what happened.

2 Milk and honeys. Playboy launched the first Hebrew edition of their magazine this week with domestic content including articles by native writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty so newsstand shelves will be covered with a



The List
Mike Benhaim
metronews.ca

sheet.

3 An email for your thoughts. An Orwellian prophecy is materializing in Brazil where the actual thoughts of a rat were recorded by electric sensors, and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and J-Woww.

4 To boldly go... Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now, they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-

person crew will recycle their own "emissions" which will then be stored in bags to line the capsule, clarifying orders to "get their s-t together."

5 Swiftly dissed. Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, an usher that evening, meaning that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

6 Thanks, eh? The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on
Twitter @TheMetroList



ZOOM

A fire without a flame

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. **METRO**

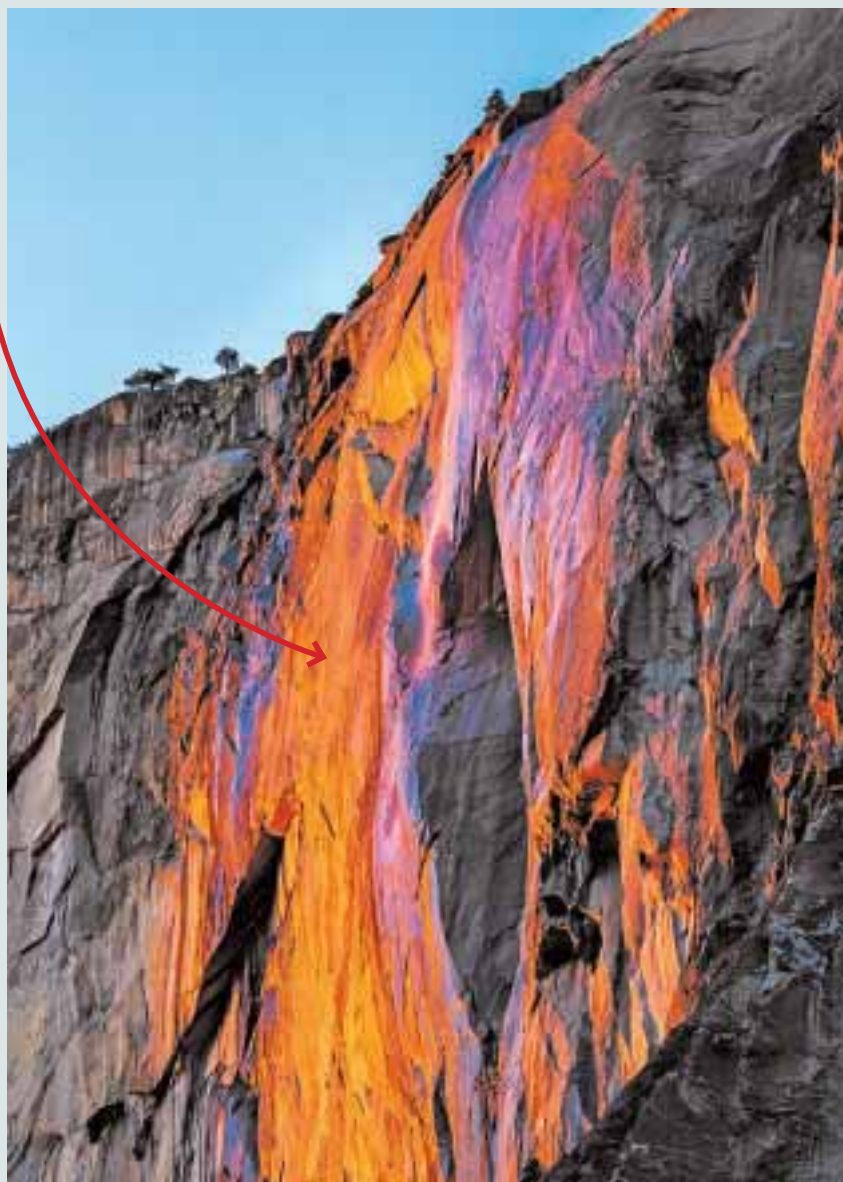
Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. **METRO**

Free fall

650

metres is the total height of Horsetail Falls.



PUTT SAKDHINAGOO/SOLENT

Clickbait

Two scientists attempt to answer the age-old question: cookie or cream?

Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode featured an engineer's separator machine that has already been seen more than 3.5 million times. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.



Twitter

@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?

@StephanieChan: I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

@RkNRollaAyatola: It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus_Feed:D

@TristanCPDT: no more ads or 'sponsored' stories

@epickidneyfail: Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

Follow @metropicks and take part in our daily poll.

Letters

RE: Horse as the Main Course, published March 4

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

Jeff Szmyr, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Synopsis

In *Dead Man Down*, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

- Richard: ●●●●●
- Mark: ●●●●●

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Colin Farrell plays right hand man to a crime lord in *Dead Man Down*. HANDOUT

Wrestling with reality

Dead Man Down. WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

Richard: Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it

a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

Mark: The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

RC: The Euro style you noticed makes sense as the movie was made by The Girl with the Dragon Tattoo director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this

was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

MB: There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the \$80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

RC: I liked seeing Abraham.

In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

MB: Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.

2 SCENE

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The incredible Steve Carell talks about the magic of a great comedy

Burt Wonderstone.

Funnyman flips through the list of the top 100 best comedy movies and tells Metro what tickles his fancy



NED EHRBAR
Metro World News in Hollywood

With titles like the 40-Year-Old Virgin, Anchorman: the Legend of Ron Burgundy and Crazy Stupid Love under his belt, Steve Carell certainly knows his way around comedy. So we wanted to get the Incredible Burt Wonderstone star's take on some of the best comedies of all time and what makes them great, using Time Out London's list of the 100 Best Comedy Movies. Incidentally, only two of Carell's films made the list — Anchorman and Little Miss Sunshine — but he let that slide. OK, here's the list.

No. 1, This is Spinal Tap!

Well, that's obviously a classic. It broke the mold, and it has been copied so often. Like any great movie or book or play, there's one of these, and you can't replicate it. And it holds up, too. It's a hilarious movie.

Is there one there that sticks out?



The Incredible Burt Wonderstone opens next Friday. HANDOUT

For me? Dr. Strangelove. Number 14? I'd put that on top of my list. I think that movie is terrifying and funny in equal parts and I think that is special. That's an almost impossible feat to accomplish, to create something that elicits such completely diverse responses. And I love Peter Sellers' performances in that movie.

Do you remember when you first saw it?

I think I saw it in a film class in college. I didn't really know much about it, but it

was a movie that changed my perception of comedy in a lot of ways. And Being There, as well. I don't know where Being There is on this list.

I don't think it's on the list.

It's not? And on the other side, getting away from somebody like Kubrick, you have Mel Brooks, with Blazing Saddles or Young Frankenstein. Young Frankenstein is one of my all-time favourite movies as well. And again, just unrelenting silliness and commitment. I don't know, it's hard to deconstruct it because you

don't necessarily know why something makes you laugh, it just does. And I think the more you deconstruct why it makes you laugh, the less funny it is. For me, I just love letting stuff wash over me and not analyze it too much.

There's also the repeat viewing factor, films you can watch again and again. Galaxy Quest, for instance, is on this list.

Galaxy Quest! I love that movie too. I just got to work with Sam Rockwell, and the first thing I said to him was,

"I love you in Galaxy Quest." He's a great actor, he's done all sorts of fantastic work, but his character in Galaxy Quest... He gets dematerialized and then rematerialized, and he's so freaked out he just stands there screaming? I remember specifically watching it and laughing harder at that than anything that I'd laughed at in a while. It's a really good movie.

I'm always surprised more people don't love that movie. These are all great — and for different ways, you know?

Burt vs. Burgundy

Toward the beginning of The Incredible Burt Wonderstone, when successful Las Vegas magician Wonderstone (Steve Carell) is at the height of his fame and power, viewers might get a glimpse of Ron Burgundy, Will Ferrell's blow-hard lead from Anchorman. Carell acknowledges some similarities, but he insists it wasn't intentional. "I think of them as Casanovas, I think there definitely is a parallel there. But I think that's where the similarities stop," he says. "Ron isn't mean to people. He's not a bad person, and at the point where we find the adult Burt Wonderstone, he's a pretty bad guy. He's a jerk, he's an egomaniac who really doesn't care anymore and is completely burned out with his life and himself."

Planes, Trains and Automobiles — really wonderful performances and connection between John Candy and Steve Martin. And people have tried to do this movie in all sorts of different ways, and you can't. There's sort of a magic to when it works, and I think for some reason a movie like Anchorman worked on that level.

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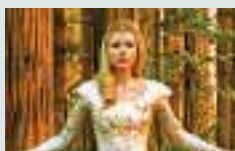
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Fantasy/Adventure



Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, *The Wizard of Oz*, Sam Raimi's *Oz the Great and Powerful* isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore *Oz* fans, but for most, you'll be thinking somewhere over the rainbow, there must be something better.

STEVE GOW

Documentary



West of Memphis

Director. Amy Berg

Stars. Jason Baldwin, Damien Echols, Jessie Misskelley

The bulk of the movie is comprised of the 17-year fight to prove the innocence of the West Memphis Three, three teens convicted on dubious evidence in 1994 of the murder of three young boys. But compelling though the story may be, the Alford Plea that earned them release from prison on the proviso they plead guilty feels like justice, once again, was not served. *West of Memphis* is interesting, but ultimately unsatisfying.

RICHARD CROUSE

What would you do if you saw a murder?

Viral video. A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

MICHELLE CASTILLO

Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called *Elevator Murder Experiment*.

It's actually an advertisement for *Dead Man Down*, the latest film from the original *The Girl With The Dragon Tattoo* director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Thinkmodo and director of the elevator video, told Metro World News. He hoped it would spark debate.

All but one of the reactions were completely real, claims the director, including the guy who uses a fire extinguisher. In order to tie the project to *Dead Man Down*, the last subject — a man who shows up with his dogs and films the murder with his cell



The YouTube video promoting the movie *Dead Man Down*. HANDOUT

phone — was actually an actor.

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for blackmail.

But many commenters

seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka.

"There is a big difference between advertising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

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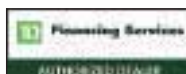
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metro

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 8 TO THURS., MAR. 14. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONews.CA/MOVIES.

Hyland Cinema
240 Wharnclyffe Road
South, 519-913-0313
56 Up (PG) Sat 12:30 Tue 2:45
Life of Pi (PG) Fri 1-9:10 Sat 3:10-7:10 Sun 1-6:15 Mon 1-8:45 Tue 12:30-7 Wed 4-8:45 Thu 12:30-7 Searching for Sugar Man (PG) Fri 3:30 Sat 5:30 Sun 8:45 Mon 7 Tue 5:20 Wed 7 Thu 5:20
West of Memphis (14A) Fri 6:30 Sat 9:30 Sun 3:25 Mon 3:30 Tue 9:15 Wed 1 Thu 9:15

Rainbow Cinemas London
355 Wellington St.,
519-434-3073
21 and Over (14A) Fri-Thu 1:25-3:45-7:15-9:45
The Call (14A) Thu 10
Escape From Planet Earth (PG) Fri-Thu 1:10-3:35-7:10
Identity Thief (14A) Fri-Wed 1:05-3:30-7:20-9:40 Thu 1:05-3:30-7:20 The Incredible Burt Wonderstone (STC) Thu 10
Jack the Giant Slayer (PG) No Passes Fri-Thu 1-3:40-6:55-9:25
The Last Exorcism Part II (14A) Fri-Thu 9:15
Oz the Great and Powerful (PG) Fri-Thu 12:55-3:45-7-9:45
Silver Linings Playbook (14A) Fri-Thu 1:20-3:50-6:50-9:30
Snitch (PG) Fri-Wed 1:15-3:25-7:05-9:20 Thu 1:15-3:25-7:05

Western Film
Room 340, UCC Building
The Hobbit: An Unexpected Journey (PG) Fri 7 Sat-Sun 3:30-7 Mon-Thu

Wellington 8 Cinemas
983 Wellington Rd. S,
519-685-2529
21 and Over (14A) Fri 7:20-9:45 Sat-Thu 1:40-4:15-7:20-9:45
Dark Skies (14A) Fri-Thu 9:15
Escape From Planet Earth (PG) Fri 6:30 Sat-Thu 1:20-3:40-6:30
Identity Thief (14A) Fri 6:45-9:30 Sat-Thu 12:50-3:30-6:45-9:30
Jack the Giant Slayer (PG) Sat-Thu 1:10
Jack the Giant Slayer 3D (PG) Fri 7-9:40 Sat-Thu 4-7-9:40
The Last Exorcism Part II (14A) Fri 7:15-9:35 Sat-Sun 1:30-4:20-7:15-9:35 Mon-Thu 7:15-9:35
Oz the Great and Powerful (PG) No Passes Fri 9:50 No Passes Sat-Thu 12:45-9:50
Oz the Great and Powerful 3D (PG) No Passes Fri 6:50 No Passes Sat-Thu 3:45-6:50
Safe Haven (PG) Fri 6:40-9:25 Sat-Sun 1-3:50-6:40-9:25 Mon-Thu 6:40-9:25
Snitch (PG) Fri 7:10-9:55 Sat-Sun 1:15-4:10-7:10-9:55 Mon-Thu 7:10-9:55
Toonie Matinee - Hotel Transylvania (STC) Mon-Thu 1:30-4:20
Toonie Matinee - Parental Guidance (STC) Mon-Thu 1:15-4:10
Toonie Matinee - Rise of The Guardians (STC) Mon-Thu 1-3:50

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Nicholas Hoult stars in Jack the Giant Slayer. CONTRIBUTED

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Escape From Planet Earth (PG) Sat 12:05 Sun-Thu 1:30
Escape From Planet Earth 3D (PG) Fri 4:45-7:10 Sat 2:20-4:45-7:10 Sun-Thu 4:30-7
Funny Face (G) Sun 12:45 Wed 7
Identity Thief (14A) Fri 4:10-7:20-10:10 Sat 11:55-2:25-5-7:40-10:25 Sun 1:40-4:50-7:30-10:15 Mon-Thu 12:40-3:25-7:30-10:15 Fri 3:45-6:30-9:15 Sat-Sun 1-3:45-6:30-9:15 Mon-Thu 1:10-3:45-6:30-9:15
Jack the Giant Slayer 3D (PG) No Passes Fri 4:55-7:40-10:40 No Passes Sat 1:50-4:35-7:50-10:40 No Passes Sun 1:50-4:40-7:40-10:30 No Passes Mon-Thu 1:50-4:45-7:40-10:30 No Passes Fri 4:15-7-9:45 No Passes Sat-Sun 1:30-4:15-7-9:45 No Passes Mon-Thu 1:35-4:15-7-9:45
Oz the Great and Powerful (PG) No Passes Fri 3:30 No Passes Sat 12:25-3:30 No Passes Sun-Thu 12:30-3:35
Oz the Great and Powerful 3D (PG) No Passes Fri 4:20-6:40-7:30-9:45-10:35 No Passes Sat 1:15-4:20-6:40-7:30-9:45-10:35 No Passes Sun-Thu 1:10-4:15-6:40-7:20-9:45-10:25
Quartet (PG) Fri 4-6:30-9:15 Sat 12-2:25-4:55-6:30-9:15 Sun 4-6:30-9:15 Mon-Tue 1-4-6:30-9:15 Wed 12:50-4-6:30-9:15 Thu 1-4-6:30-9:15
Safe Haven (PG) Fri 3:40-7-10 Sat 12:40-3:40-7:20-10:15 Sun-Tue 1:20-4:25-7:10-10 Wed 4:25-7:10-10 Thu 1:20-4:25-7:10-10 Star & Strollers Screening Wed 1
Silver Linings Playbook (14A) Fri 3:50-6:50-9:55 Sat 12:50-3:50-6:50-9:55 Sun 12:55-3:50-6:50-9:55 Mon-Tue 12:50-3:50-6:50-9:55 Wed 3:50-9:55 Thu 12:50-3:50-6:50-9:55 Fri 4:45-7:30-10:15 Sat-Thu 2-4:45-7:30-10:15 Star & Strollers Screening Wed 1
Snitch (PG) Fri-Sat 9:35 Sun-Thu 9:30

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1680 Richmond St,
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21 and Over (14A) Fri-Sat 1:15-

3:30-5:55-8:15-10:40 Sun-Mon 12:25-2:50-5:10-7:40-9:55 Tue 1:15-3:30-5:55-8:15-10:40 Wed-Thu 12:25-2:50-5:10-7:40-9:55
The Call (14A) Thu 10
Dark Skies (14A) Fri 12:35-3-5:30-8:10-10:30 Sat 12:35-8:10-10:30 Sun-Mon 12:35-3-5:30-8:10-15 Tue 12:35-3-5:30-8:10-10:30 Wed 12:35-3-5:30-8:10-15 Thu 12:20-2:45-5:15-7:45
Dead Man Down (14A) Fri 2:10-5-7:50-10:40 Sat 11:20-2:10-5-7:50-10:40 Sun-Mon 2:10-5-7:50-10:35 Tue 2:10-5-7:50-10:40 Wed 4:30-7:25-10:25 Thu 2:10-5-7:50-10:35
Star & Strollers Screening Wed 1
Escape From Planet Earth (PG) Fri-Thu 12:15
Escape From Planet Earth 3D (PG) Fri 2:30-5-7:30 Sat 11:15-2:30-5-7:30 Sun-Thu 2:30-5-7:30
A Good Day to Die Hard (14A) Fri 12:20-2:45-5:40-7:55-10:10 Sat 2:45-5:40-7:55-10:10 Sun-Mon 12:10-2:45-5:40-7:55-10:10 Tue 12:20-2:45-5:40-7:55-10:10 Wed 12:10-2:45-5:40-7:55-10:10 Thu 12:10-2:25-4:40-10:10
Happy Feet (PG) Sat 11
Identity Thief (14A) Fri-Sat 12-2:35-5:15-8-10:35 Sun-Mon 12-2:35-5:15-7:55-10:30 Tue 12-2:35-5:15-8-10:35 Wed 4-7:55-10:30 Thu 12-2:35-5:15-7:55-10:30 Star & Strollers Screening Wed 1
The Incredible Burt Wonderstone (STC) Thu 10
Jack the Giant Slayer 3D (PG) No Passes Fri 12-2:35-5:10-7:45-10:25 No Passes Sat 11:10-2:15-5-7:45-10:25 No Passes Sun-Thu 12-2:35-5:10-7:45-10:25
The Last Exorcism Part II (14A) Fri-Sat 10:20 Sun-Mon 9:50 Tue 10:20 Wed-Thu 9:50
Life of Pi 3D (PG) Fri-Sat 1:25-4:15-7:10-10:05 Tue 1:25-4:15-7:10-10:05 Wed 1:25-4:25-7:10
Madoka Magica Part 1: Beginnings

(STC) Thu 7:30
The Metropolitan Opera: Les Troyens Encore (STC) Sat 12
Oz the Great and Powerful (PG) No Passes Fri 12:30-3:35-6:55-10 No Passes Sat 11:05-2:45-5-6:55-10 No Passes Sun-Thu 12:30-3:35-6:55-10 Oz the Great and Powerful 3D (PG) No Passes Fri-Thu 12:45-3:50-7:10-10:15
Oz the Great and Powerful: An IMAX 3D Experience (PG) No Passes Fri-Sat 1:30-4:35-7:40-10:45 No Passes Sun-Mon 1:15-4:20-7:30-10:30 No Passes Tue 1:30-4:35-7:40-10:45 No Passes Wed-Thu 1:15-4:20-7:30-10:30
Safe Haven (PG) Fri 12-2:40-5:15-8:10-10:45 Sat 12-2:40-5:25-8:10-10:45 Sun-Mon 12:50-4:15-7:35-10:20 Tue 12-2:40-5:15-8:10-10:45 Wed-Thu 12:50-4:15-7:35-10:20
The Last Exorcism Part II (14A) Fri-Thu 1-3:20-5:40-8-10:20
Life of Pi 3D (PG) Fri-Sat 1:30-4:25-7:10-10 Sun-Mon 1:30-4:25-7:10-9:55 Tue 1:30-4:25-7:10-10 Wed-Thu 1:30-4:25-7:10-9:55
The Metropolitan Opera: Parsifal Live (STC) Sat 12
Oz the Great and Powerful: An IMAX 3D Experience (PG) Thu 9
Safe Haven (PG) Fri-Sat 12:05-2:40-5:15-8:10-10:45 Sun 12:05-2:40-5:15-7:55-10:25 Mon 1:20-4-7:35-10:25 Tue 12:05-2:40-5:15-8:10-10:45 Wed 1-4-7:35-10:25 Thu 1-20-4-7:35-10:25
Shrek 2 (G) Sat 11
Side Effects (14A) Fri-Thu 10:15
Snitch (PG) Fri 12:45-3:10-5:45-8:15-10:45 Sat 3:10-8:15-10:45 Sun 12:35-3:05-5:35-8:05-10:30 Mon 1:35-4:35-7:40-10:10 Tue 12:45-3:10-5:45-8:15-10:45 Wed 1-4:35-7:40-10:10 Thu 1:35-4:35-7:40-10:10
Warm Bodies (PG) Fri 12:25-2:45-5:20-7:35 Sat 12:25-5:45-7:50 Sun 12:25-2:45-5:20-7:35 Mon 1:05-3:20-5:35-7:50 Tue 12:25-2:45-5:20-7:35 Wed-Thu 1:05-3:20-5:35-7:50



Demi Moore ALL PHOTOS GETTY IMAGES

Demi files for divorce 16 months after separation

Demi Moore is finally filing divorce papers to end her marriage with Ashton Kutcher, according to Page Six.

The news comes 16 months after their initial separation — and three months after Kutcher's own filing. So what was the holdup?

A source claims Moore had been trying to reach a

confidential settlement with Kutcher about his income but has given up on the negotiations.

"Ashton made a lot of money after marrying Demi — a lot more than she made — but despite him becoming just as famous through her, he believes he doesn't owe her that much, the source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jake Gyllenhaal

Gyllenhaal gets spun right round, baby, right round—by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating "for a month or two," a source tells Us Weekly. The

pair met at New York's Spin Cycle exercise studio, where Gyllenhaal has been known to work out whenever he's in the city. "He'll hop on the instructor bike," the source says. "He loves the attention from the girls."

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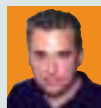
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Drink outside
the glass

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Peter Rockwell
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It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

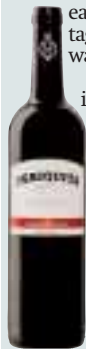
If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José Maria da Fonseca's 2010 Periquita (\$7.95 to \$11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**



Forget the oven, this slow-cooker recipe will impress all lasagna lovers. GAV MARTELL OF YUMMYMUMMYCLUB.CA

A slow-cooked cheesy and meaty sensation

Slow-Cooker Lasagna. All the delicious flavour of the Italian fave, none of the oven

**GAV
MARTELL**
YummyMummyClub.ca

I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to la-

sagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked

lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated

Slow down to get started

Mornings are hectic for many families. Between getting out the door to school on weekdays and extracurricular activities on weekends, finding the time to cook and eat breakfast can be a challenge.

A national poll of Canadian family breakfast habits recently found that half of Canadian families (49 per cent) spend less than 10 minutes preparing breakfast, while more than half (60 per cent) spend less than 15 minutes eating it.

So, to make your day easier, try this Slow Cooker Peaches 'n' Cream Oatmeal.

1. Lightly grease inside of slow cooker. Add oats, salt, sugar, ginger, juice beverage, milk, water, vanilla and peaches; stir together. Cover and cook on low for 6 hours. If needed, set slow cooker to keep oatmeal warm until ready to enjoy. Spoon into bowls; drizzle with milk if desired.

NEWS CANADA/ MINUTEMAID.CA

Ingredients

- 1 1/3 cups steel-cut oats
- 3/4 tsp salt
- 3 tbsp packed brown sugar
- 1 tsp ground ginger
- 2 cups Minute Maid Chilled Peach Juice Beverage
- 1 cup milk
- 1 cup water
- 1 tbsp vanilla
- 2 cups frozen peaches
- milk or cream (optional)

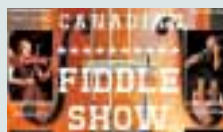


This recipe serves six. NEWS CANADA

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



MIX OF SIX
Julian Uzielli
london@metronews.ca



The best in fiddle music

On Sunday Aeolian Hall will be focusing on folk for the Great Canadian Fiddle Show. The high-energy show will honour the best in fiddle music from across the country. The remarkable variation in regional styles will be demonstrated by top Canadian fiddlers, three of whom are Western University students or alumni, including creator Celina DiCecca. Tickets are \$25 in advance at aeolianhall.ca and \$28 at the door.



Two more days of Colleening

Tonight and tomorrow are the last shows in the run of Colleening: The Poetry and Letters of Colleen Thibau-deau at the ARTS Project. The introspective play draws on the work of the late Canadian poet and Londoner, who died last year. Reviews have been great — don't miss out on this glimpse into local history. There are shows at 8 p.m. tonight and tomorrow, and a matinee at 2 p.m. tomorrow. Tickets are \$15 or \$10 for seniors and students.



Beethoven's Ninth

Orchestra London and Western University choirs are teaming up for a performance of one of Beethoven's most famous symphonies, the Ninth. Also known as Ode to Joy, it was the deaf maestro's last completed symphony. In the spotlight will be celebrated mezzo-soprano Sophie Louise Roland (pictured), an associate professor of music at Western who has sung in operas around the world. The symphony will be performed Saturday night at 8 p.m. at Centennial Hall. orchestraLondon.ca.



Reptilian Revue

There are only two king cobras on display in Canada and one of them will be in London next week. Little Ray's Reptile Zoo, based in Ottawa, is taking its magnificent menagerie on tour, and from March 13 to 16 all manner of slithery, scaly creatures will take over the Special Events Building at Western Fair. The exhibition includes interactive shows with some of the most infamous animals on earth, including green mambas, Komodo dragons, giant tortoises and special guest Hazard, the eight-month-old Eurasian lynx. Admission is \$10.



Art, music and charity work

The APK will host a night of art and music tomorrow in support of Art for AIDS International. Inspirational artwork, mostly produced by talented high school students, will be on display, accompanied by seven volunteer musical acts including Scott Brunelle and Randy Komi. For the \$10 price of admission, every attendee will receive a complementary print at a \$30 value, and all proceeds from the event will go to charities helping women and children affected by HIV/AIDS.



Generations of Music

Next week local music fans will get the rare chance to see three generations of homegrown talent performing in one lineup at Aeolian Hall on March 14. Rick McGhie has been a fixture at Western for decades. The Allens (pictured) are having a breakout year after the release of their first full-length album in 2012 and The Bootlegs just released their first recording. The night will also include a silent auction. Tickets are \$15 at the door, or \$10 in advance at aeolianhall.ca.

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NHL

Pronger not going to call it quits

Chris Pronger isn't ready to retire, even though a concussion specialist has advised him not to return to hockey.

The former NHL MVP has not played for the Flyers since Nov. 19, 2011, and still suffers from lingering effects of multiple concussions. He said Thursday he's simply trying to get healthy and live a normal life, but he wouldn't rule out attempting a return if physically possible.

THE ASSOCIATED PRESS



Chris Pronger GETTY IMAGES FILE

World Baseball Classic

Canada loses Lawrie to rib strain

Brett Lawrie has been forced off Canada's roster with a rib strain one day before the team's first game at the World Baseball Classic.

The Toronto Blue Jays third baseman, who felt discomfort in his left side during an exhibition game against the Cincinnati Reds on Wednesday, said he was disappointed, but felt it was more important to keep healthy with the major-league season quickly approaching. THE CANADIAN PRESS

Knights going all-in for Memorial Cup

CHL. Bid to land second tournament in nine years well underway in London



JOHN MATISZ

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If the 2014 Memorial Cup bidding process were reduced to a hand of poker, the three shortlisted franchises would most certainly be all-in, pre-flop.

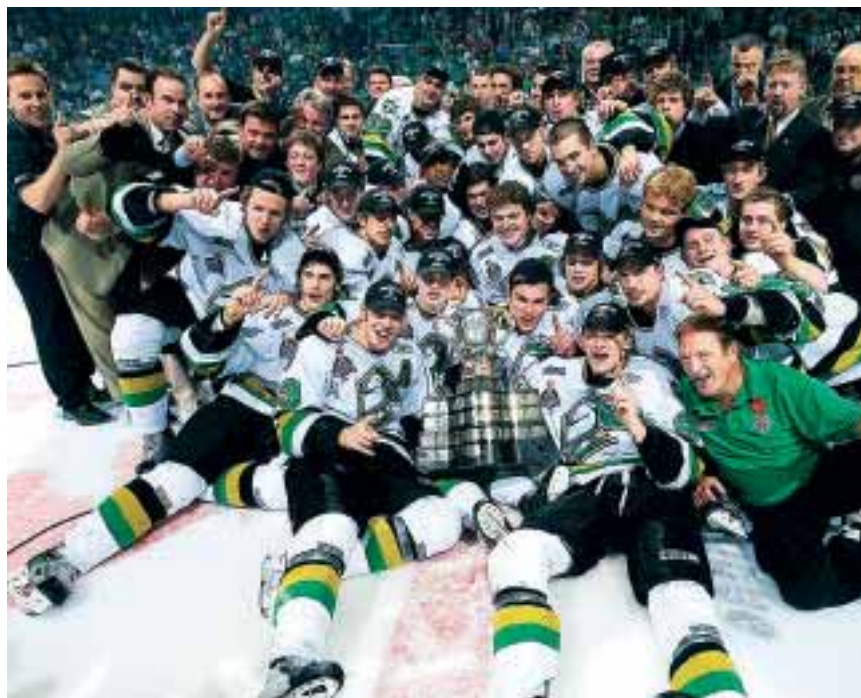
The London Knights, Barrie Colts and Windsor Spitfires can't turn back now. It costs tens of thousands of dollars to throw your hat in the ring to host the national junior hockey championship.

The Knights, for instance, are committing somewhere from \$25,000 to \$50,000 to the project. The price tag to create their bid book alone isn't cheap, at around \$15,000.

"We wouldn't do it if we didn't have a good chance of winning," Knights governor Trevor Whiffen said. "If all the moons and stars are aligned, we will score high in every important part (of the multi-pronged evaluation)."

London's group, along with Barrie's and Windsor's, are keeping their cards close to their chest. Teams typically don't reveal hard details until their 45-minute presentation in front of the site selection committee, which is scheduled to convene on April 17.

Joining Ontario Hockey League representatives Gord



The London Knights pose with the Memorial Cup after defeating the Rimouski Oceanic 4-0 at the tournament championship held in the John Labatt Centre May 2005. DAVE SANDFORD/GETTY IMAGES FILE

Kirke (legal counsel) and David Branch (commissioner) on this year's committee are Toronto Blue Jays CEO and Western University alumnus Paul Beeston; former NHL and OHL scouting head Frank Bonello; longtime NHL decision-maker and Tillsonburg native Colin Campbell; media bigwig Scott Moore; and NHL senior vice-president Jim Gregory.

Traditionally, presentations cover a bid's key ingredients like city infrastructure,

potential net profit, sponsorship leads, event theme and ticket-sales projections.

The Knights have taken an aggressive approach to find out if there's a ripe ticket market in town for a second Memorial Cup in nine years. While they are asking for a small deposit (\$25), packages are being scooped up nonetheless.

As of Thursday afternoon, about 3,000 season-ticket holders had reserved Memor-

ial Cup packages. Another 3,000 from the general public had done the same, bringing the week-long ticket-package deposit drive total to about 6,000.

Unsurprisingly, the Spitfires and Colts don't appear to have the same strategy. In terms of launching a drive, there have been crickets.

Of course, this is a conscious choice, just another variable in the ongoing poker battle.

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Virtue and Moir to enter 'own bubble' during worlds

Hometown heroes.

Reigning champions won't break from competition routines even with event in familiar surroundings



JOHN MATISZ

john.matisz@metronews.ca

Athletes are creatures of habit.

They tend to adopt certain superstitions over time, and straying away from them is easier said than done. It's a phenomenon not exclusive to team-sport athletes.

Take, for example, Canada's top ice dancing pair heading into next week's 2013 World

Tessa Virtue

- Age: 23
- Height: 5-5
- Hometown: London
- Residence: Canton, Mich.

Scott Moir

- Age: 25
- Height: 5-9
- Hometown: Ilderton
- Residence: Canton, Mich.

Figure Skating Championships, Londoner Tessa Virtue and Scott Moir from Ilderton.

They will be making a conscious effort to keep their competition routine intact throughout next week's event.

Not only is the pair staying at a London hotel to create an away-from-home atmosphere, but they also plan on riding the city bus to and from Budweiser

Gardens, eating in the skaters' room and working out without their hometown trainer.

Together, these actions will hopefully form what Virtue calls the "competition realm." Added Moir: "Our goal, and our jobs as athletes, is to treat it as a normal worlds as much as possible."

Virtue, 23, and Moir, 25, are technically amateur athletes;

they don't get paid to skate in events like the world championships. However, you don't reach the pinnacle of your sport without undertaking a truly professional outlook.

"Tessa and I pride ourselves on being professional, so we're hoping that we can kind of rely on the experience of the Vancouver Olympics, where we kind of had to get into our own bubble," Moir said.

"At the end of the day, it's a world championship. We want it bad."

If an athlete isn't tuned in, the

hometown effect — usually perceived as an advantage — can take a turn for the worse rather quickly. People pull at you left and right, hoping to leech onto the glory.

At the same time, Virtue and Moir realize this

is a once-in-a-lifetime opportunity. Competing in the 2010 Olympics on home soil is one thing; participating in the next best thing in your hometown is another.

This means feeding off the energy created by the Gardens crowd is on the to-do list.

"We feel we're the luckiest kids because we got a home Olympics, and now we're getting a hometown world championships," Moir said.

Although there's a hometown advantage for London's Tessa Virtue and Ilderton's Scott Moir, the dancing pair champions are treating this world championship as a "normal worlds."

LUCA RAGOGNA/SKATE CANADA



Event schedule

Schedule for skating practices and events in London for the World Figure Skating Championships.

- Monday, 7 a.m. — 11 p.m. Official practices at Budweiser Gardens and Western Fair Sports Centre
- Tuesday, 7 a.m. — 11 p.m. Official practices at Budweiser Gardens and Western Fair Sports Centre

- Wednesday, Budweiser Gardens pairs short program, 11 a.m. Opening ceremony, 3:45 p.m. Men's short program, 4:40 p.m.
- Thursday, Ladies short program, 10:40 a.m. Ice dance short program, 5:20 p.m.
- Friday, March 15. Pair free program, 11:55 a.m. Men's free program &

victory ceremony, 5:45 p.m.

- Saturday, March 16. Ice dance free program & victory ceremony, 2:30 p.m. Ladies free program & victory ceremony, 7 p.m.
- Sunday, March 17. Exhibition gala, 2 p.m.

Start times are subject to change. For the most up-to-date information, visit worlds2013.ca.

Predictions

Western figure skaters weigh in with winners

Western University's varsity figure skating team knows a thing or two about winning. After capturing their third straight Ontario University Athletics championship in January, members of the team are excited to see London host the world's best skaters next week during the World Figure Skating Championships. Here they predict who will take home gold medals.

Catherine McLean, 24, of London



Catherine McLean

ANDREW SERCOMBE/FOR METRO

Home rink: London Skating Club

Men: Patrick Chan (Canada). "If Patrick does not win, it will be Kevin Reynolds of Canada. Kevin can do better quads, but Patrick combines his jumps

with much better artistic elements."

Ladies: Kaetlyn Osmond (Canada). "Kaetlyn has had an amazing year performing; she is the skater to watch."

Pairs: Aliona Savchenco and Robin Szolkowy (Germany). "These two are great partners. They are always near the top and should win a medal, if not gold."

Ice dancing: Tessa Virtue and Scott Moir (Canada). "I hope it's Tessa and Scott, but they will have tough competition from Meryl Davis and Charlie White of the United States."

Julianna Kuhl, 22, of London

Home rink: Ilderton

Skating Club

Men: Patrick Chan (Canada). "Chan is miles ahead of everyone in the men's event."

Ladies: Kaetlyn Osmond (Canada). "She is the best Canadian competing, but the Russians and Japanese



Julianna Kuhl

ANDREW SERCOMBE/FOR METRO

will be very good, too."

Pairs: Meagan Duhamel and Eric Radford (Canada). "They have had a great year competing internationally."

Ice dancing: Tessa Virtue and Scott Moir (Canada). "They will have a lot of local support cheering them on."

Clarissa Luo, 20, of London Home rink: Ilderton Skating Club

Men: Patrick Chan (Canada). "Patrick is the best in the world and is the defending gold medalist."

Ice dancing: Tessa Virtue and Scott Moir (Canada). "Skating on home ice, I think they're unbeatable. Meryl Davis and Charlie



Clarissa Luo

ANDREW SERCOMBE/FOR METRO

White of the United States will be a close second, but Tessa and Scott perform difficult footwork sequences and lifts so gracefully that it seems effortless."

* Luo did not make predictions for ladies or pairs.



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Horoscopes

♈ Aries

March 21 - April 20

It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

♉ Taurus

April 21 - May 21

What would you do if you knew that success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

♊ Gemini

May 22 - June 21

A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

♋ Cancer

June 22 - July 23

You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

♌ Leo

July 24 - Aug. 23

Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

♍ Virgo

Aug. 24 - Sept. 23

You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

♎ Libra

Sept. 24 - Oct. 23

You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

♏ Scorpio

Oct. 24 - Nov. 22

Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

♐ Sagittarius

Nov. 23 - Dec. 21

There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

♑ Capricorn

Dec. 22 - Jan. 20

You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

♒ Aquarius

Jan. 21 - Feb. 19

You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

♓ Pisces

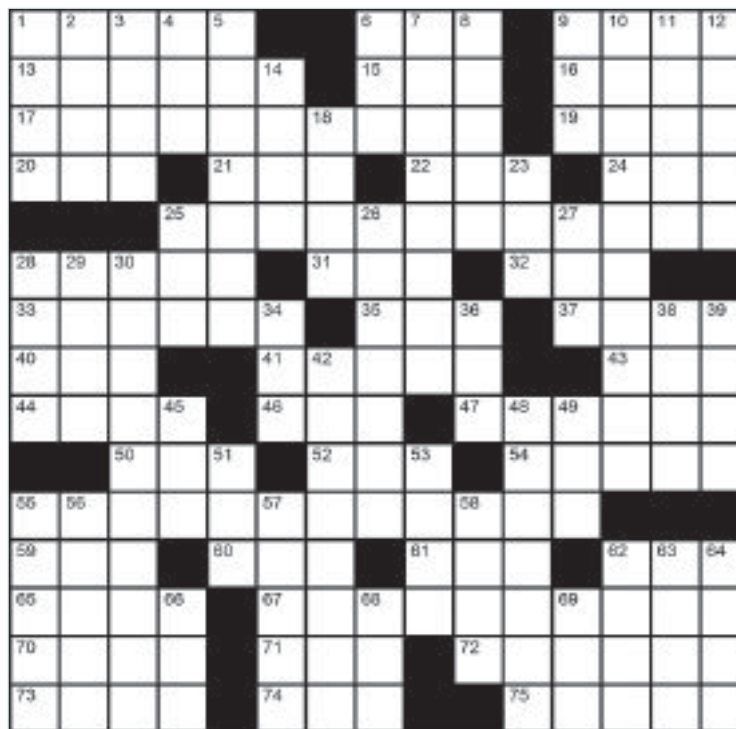
Feb. 20 - March 20

You have so much energy but what are you going to do with? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Acknowledged
6. Suppositions
9. "Fly ___ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's "___ Report"
19. Mona ___ (Painting)
20. Mil.'s special ___
21. Before
22. JT's "Suit & ___"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The ___"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawky
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie+projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for Barry
60. Org. in "Michael Col-



61. Shakespearean word
62. Mr. Vigoda
65. "___ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn ___ Trophy
73. Idol alum

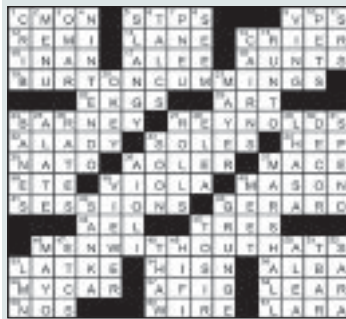
- et al.
 74. Halifax hrs.
 75. Wests opposites
- Down**
1. Prefix to 'phobia' (Fear of heights)
 2. Leaky faucet sound
 3. Big ___ (McDonald's burgers)
 4. Pen's content

5. Fantastical play by Shakespeare, The ___
6. Winter/Summer games org.
7. The Bounty mutineer, ___ Christian
8. Prefix to 'comedy' (Comedic drama)
9. Hole-punching tool
10. Yukon capital

BY KELLY ANN BUCHANAN

11. Pantheon of Norse gods
12. "The Wonder ___"
14. What will be, will be... when doubled, it follows Que
18. Got, as a parcel [abbr.]
23. Bad ___ (German spa resort)
25. Actress Ms. Arthur, for short
26. Tributes
27. Mr. Dylan
28. Rabbit-style tail
29. Region
30. ___ pipeline (News-making project)
34. Paranormal power, briefly
36. Writer Mr. Tolstoy
38. Kite part
39. Barn birds
42. "Breakfast at ___" (1961)
45. ___ de cologne
48. Suppose
49. X
51. Printer resolution meas.
53. Give out
55. Martin Short character, Jimmy ___
56. Ruler: French
57. 'Pan' add-on (Scene)
58. Vitalities
62. ___ & Sciences
63. Thailand currency
64. Views
66. Tellies
68. Negative word
69. Scandinavian rug

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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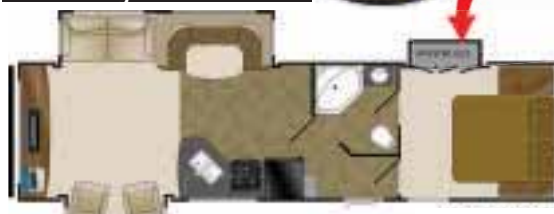
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